

SUNNY BASIL PESTO

Makes about 1 cup



Ingredients:

- 3 cups basil leaves
- 1/4 cup olive oil
- 2 garlic cloves, peeled
- 1/2 cup grated Parmesan cheese
- 2 tablespoons sunflower seeds
- Pinch of salt and pepper



Instructions:

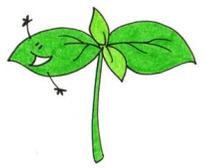
1. Wash hands and basil leaves 🥕
2. Place all ingredients in a food processor or blender 🥕
3. Blend until smooth, add more olive oil if it's too thick

🥕 = kid-friendly step



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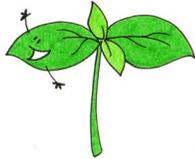
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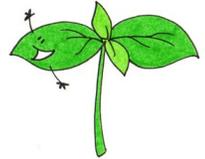
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WHY BASIL?

- Basil contains vitamin K.
- Vitamin K keeps your blood healthy and flowing properly.
- Vitamin K also keeps your bones strong.
- Basil contains vitamin A which is great for your vision.
- Basil essential oils have been shown to lower cholesterol levels.
- Recent research suggests that basil can help fight bacteria, viruses, and chronic diseases.

The Minnesota Farmers Market Association (MFMA) provides services, programs and leadership that support and promote farmers' markets across Minnesota.

For more information:
www.mfma.org



Budding Farmers is an innovative enrichment program that teaches children about healthy food produced by their local farmers.

For more recipes, program information and to sign up visit:
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